

6150 Foreland Garth
Columbia, MD 21045
410-313-7217
Director: Kari Weidner

Longwood 50+ Center

March 2018

Days of Operation: Tuesday 8:30am – 3:00pm
Wednesday 8:30am – 4:00pm

www.howardcountyaging.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Officer Lingham 11:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 6	Chinese Exercise 9:00am Chinese Song 10:00am Lunch 12Noon Ping Pong & Games 1:30- 4:00pm 7	8	9
12	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 13	Chinese Exercise 9:00am Chinese Song 10:00am Lunch 12Noon Korean Church 2pm-4pm No Ping Pong 14	15	16
19	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 20	Chinese Exercise 9:00am Bingo 10:00am Lunch 12Noon Ping Pong & Games 1:30- 4:00pm 21	22	23
26	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 27	Chinese Exercise 9:00am Chinese Song 10:00am Lunch 12Noon Ping Pong & Games 1:30- 4:00pm 28		